



## "Full Metal Apron": Eating Disorders Parent/Caregiver Coaching

Fighting an eating disorder is a fearsome task; you are literally fighting to save your loved one's life. For me, it was the hardest thing I have ever done and it rocked our family to the core; the overwhelmingness of it is huge, and that was when our experience included the best treatment possible, almost immediately. It taught me much about what is needed to get a loved one well and the awesome power of cutting edge education for parents plus specific skills training and support.

I can provide that via Skype, phone and text. I believe having a trained peer support coach/mentor will save you time, energy, money and quality of life as you navigate this as my testimonials support. I look forward to connecting with and helping you.

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[JD Ouellette Peer Coaching/JDOuellette.com](http://JDouellette.com)



### Mama's Magic Muffins

JD Ouellette (adapted from a King Arthur's Flour Recipe)

#### Ingredients

(This makes about 6 giant muffins—I quadruple and freeze; these ship well. These are 600 or more calories depending on amount of topping. We paired with a Martinelli's apple juice – the one in the glass jars is 180 calories- for night snack.)

½ cup butter at room temperature

½ cup sugar

¾ cup brown sugar divided

1 large egg

**1 cup heavy whipping cream ((HWC)/double cream with one tablespoon lemon juice (let sit for 5 minutes; this replaces buttermilk and is where the added calories come from)**

1 cup whole wheat flour

1 cup all-purpose flour

1 tsp baking powder

1 tsp baking soda

¼ tsp salt

1 tbsp. cinnamon

2 cups diced dried apples (most calorically dense), fresh peeled apples, or apple pie filling (if you use filling, I would drain some liquid first)

1 cup ground almonds

#### Directions

- 1) Preheat oven to 375 and line 6-muffin pan
- 2) Mix together butter, granulated sugar and ¼ cup brown sugar, beating until fluffy
- 3) Add egg and mix well (I do this with a wooden spoon NOT beaters)
- 4) Gently mix in as few strokes as possible the HWC
- 5) Stir in dry ingredients that have been mixed together
- 6) Fold in apples
- 7) Divide batter, fill cups and sprinkle liberally with brown sugar (cut butter and brown sugar together for added calorie boost)
- 8) Bake muffins for 25-30 minutes or until toothpick inserted into center comes out clean
- 9) Remove from oven, cool for 5 minutes then turn onto baking rack to finish cooling.

\*My daughter's anorexia was very health-focused and the wheat flour and apples give this a "healthy" look and feel while being calorically-dense, which was helpful in early refeeding. I think it may also have helped that it is meant to be broken up so bites were not as overwhelming initially.